Plasma Pen USA™

Executive Skin & Laser, LLC
www.executiveskinandlaser.com

PLASMA PEN PRE TREATMENT and POST TREATMENT GUIDELINES

Please ensure you read and follow the advice provided. If you have any concerns after your treatment, if you do not understand any area of your aftercare or if you have additional questions then please do not hesitate to contact your technician **- Nora Magnuson, text (727) 460-0500 or office (727) 772-1500.**

Like most skin rejuvenation treatments, there may be some side-effects but the post-treatment downtime and recovery from Plasma Pen - plus the end result - is frequently shown to be far superior to treatment with other devices. However, we are not in control of what you do when you leave, and you **must follow these important guidelines carefully** if you wish to enjoy optimal results and protect your investment in Plasma Pen treatment.

Before Your Treatment:

- We recommend you avoid sun-tanning, spray-tanning for 4 to 6 weeks before your treatment. Ideally, we recommend using SPF-40 to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned. If you have darker skin tones a Pre-Treatment product using a Tyrosinase Inhibitor may need to be used to help prevent overproduction of pigment in the skin 4 – 6 weeks prior to treatment. Tyrosinase Inhibitors are not just useful for those who suffer from hyperpigmentation but for all skin types.
- Avoid any other type of procedures for 3-4 weeks on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, Botox/fillers, as this may prevent your treatment being performed.
- Discontinue any use of topical Retin-A products a minimum of 7 days prior to treatment.
- We recommend you do not wear makeup in the area treated during the 5-7-day healing process because the application and/or removal of makeup could prematurely disrupt the scabs before they are ready to flake off.
- Remove contact lenses and any eyelash extensions prior to treatment.

Pre-Treatment Check List:

- We recommend taking a high dose of Vitamin C, 1,000 mg or more along with Magnesium Citrate 500mg, Solaray brand Zinc with Copper for 2 weeks before treatment and 12 weeks over the course of the healing process as this will help give your immune system a big boost. In turn this helps you to repair and helps avoid hyperpigmentation**.** Emergen-C is a great option.
- Set up an area in your bathroom that is clean to apply products to your skin that were provided. Have some Q-tips available if the eye area is treated to clean the eyelashes without getting the area treated wet.
- You may want to use eyedrops if the eyes feel dry prior to treat and after treatment. Make sure to use a fresh bottle eye drops or use the single portion sterile drops.

Immediately Following Your Treatment:

- **The day of treatment before bedtime, use the sterile saline wipe in your aftercare kit to gently blot the area. Then apply a small amount of Silver Gel.**
- **We recommend applying a small amount of Silver Gel in AM and Plasma Pen Advanced Healing Serum in the PM to soothe inflamed skin while the scabs are on the skin.**
- **Continue using Silver Gel & Plasma Pen Healing Serum 2-3 x per day until the scabs fall off.**
- **Only use the products provided in your aftercare kit during the 2 weeks post treatment.**
- **Do NOT wash or get water over the treated areas until the scabs are off. Use the facial sponge with face wash to clean areas of the face or neck not treated UNTIL the scabs come off. If the area becomes wet while showering, gently blot dry.**
- **We recommend NOT exercising after a treatment because any heat, steam or sweat could add to the inflammation already present. Ideally you want to avoid excessive sweating for 5-7 days during the healing process.**
- Stay away from heat & steam for the next 2 weeks while the skin may be pink and overly sensitive.
- There may be some mild to moderate swelling to the area(s) treated, especially around the eyes and within the periorbital region then moderate to excessive swelling is expected and common.
- **Swelling and inflammation for 2 to 5 days post-treatment is normal.** If swelling lasts beyond the 5 days, contact your treatment provider.
- **Do NOT take any anti-inflammatory medicine, allergy medicine, Advil or ibuprofen for 2 weeks after your treatment. Tylenol is acceptable if needed.**
- **Use ONLY fragrance-free detergent** and fabric softener on bedding post treatment. **NO dryer sheets** of any kind. Please change your pillowcase every day or every other day for 1-week post treatment. It is important to keep chemicals away from the area treated while keeping the skin as clean as possible.
- **We recommend that you do NOT apply cold packs or ice packs** during the swelling period. Icing will diminish the outcome and inhibit the inflammation process that we want to happen naturally. Applying cold or ice packs on the skin could interfere with the mechanism of action performed by the device and the skin's natural heat and healing process to achieve the desired result. Swelling is a minor inconvenience to achieve the desired outcome.
- You may experience a stinging sensation as well as heat in the treated area(s) immediately after treatment and up to 48 hours after treatment. This is normal and is simply the heat exiting the skin. It generally only lasts for about an hour or so.
- **After treating areas of the face, we recommend you sleep on your back with your head elevated to minimize swelling. If you have received treatment to your eye area, then it is important you sleep slightly elevated for up to 7 days as this can greatly reduce swelling.**
- It is highly unlikely you will ever get an infection from a Plasma Pen treatment as the wound we cause is not open. However, the first 12 hours post-treatment is of vital importance in protecting you from any kind of potential infection, so please avoid any activities where you could expose yourself to contaminants, meaning going to the gym, public places where you can pick up germs by touching things then touching your skin.

In the Following Days After Your Treatment:

- It is normal for the area that has been treated to feel tight, itchy, and dry. **Occasional weeping will settle, tiny crusts will quickly form and become darker in color on the treated area.** These may be visible for up to about a week. The crusts/scabs will become darker before the fall off.
- **Do NOT pick crusts off as this will delay the healing process and could cause scarring**.
- If washing your hair after treating areas on the face, we advise you do NOT allow direct water from shower to wet the area treated for the first 7 days. This could increase swelling. Try to avoid shower gels or hair products

running on to your face as this could cause irritation. If water does get on the area treated, blot very gently with a clean cloth or towel.

- **ONLY use the products you are sent home with for the next 2 weeks.** Do NOT rub or abrade the area(s) or use exfoliating products. This could result in scarring and/or pigmentation.
- Shaving in the area treated should be avoided until it is fully healed.
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.

After the scabs have fallen off:

1. **Once most of the scabs have all fallen off, use the sterile saline wipes gently over the area treated to clean the skin.**
2. **Wash treated area with face wash, then apply Plasma Pen Advanced Healing Serum.**
3. **When exposed to indirect sunlight while indoors, apply BION Titanium Dioxide SPF 35.**
4. **When going outside, you absolutely MUST apply SPF 50.** By that – 5 minutes or more of sun exposure, as well as overcast days. **While your skin is in the healing stages (pink in color) continue with SPF 50 for the next 12 weeks** (and ideally longer)
5. **For the next 12 weeks continue using Advanced Healing Serum after cleansing the skin both AM & PM.**

Note: At your 12-week follow-up, we will evaluate the treated area and advise what new products to apply.

Tips for the weeks following treatment:

You absolutely must NOT use saunas or sun exposure during your 12-week healing period.

Avoid the midday sun. All other facial treatments on the same area should be avoided for 12 weeks.

- Use of topical Retin A products should be avoided for 4 weeks.
- When the scabs have fallen off your skin may be a pink as well as little dots on the skin as fresh, new, and rejuvenated baby skin. **The pink skin and dented areas will fade over time, up to 3 months or longer.** In rare cases depending on age and health conditions it may take longer. Cigarette smoking will delay healing.
- Anti-aging treatments to maintain your fresh new skin should be done at least every 3-4 months. Peels, Microdermabrasion, RF Microneedling, Collagen Facials, Sublative and HIFU are recommended. These treatments will be discounted for Plasma Pen patients.

Other Important Aftercare Recommendations:

- Avoid smoking and alcohol 24 hours post treatment. This will dehydrate the skin. Drink more water than normally.
- Taking Vitamin C supplements over the course of your healing process can give your immune system a big boost and help your skin to repair itself.
- Any additional treatments that may be required may be performed once the skin is completely healed. This usually takes about 12 weeks.
- Plasma Pen treatment is the gift that keeps giving. In addition to the immediate rejuvenation, lifting and tightening affects you can experience, it may require 6-9 months for the full effects of your treatment to be seen.